

In and Around the JCC

Older Adults

CHAI-LITES

Join Chai-Lites on Mondays from 10:30 until 1:30 for stimulating and fun programs, exercise and a lot of camaraderie. On Wednesdays, volunteer at Speizman Jewish Library or Jewish Preschool. Enjoy classes and cultural events. Transportation available for all programs and activities. For more information call Marcia Stern, Director of Older Adult Programs.

Chai-Lites are encouraged to take ANY adult education classes. Contact Marcia Stern, 366-5007, if you need information concerning any adult education course.

TRANSPORTATION

Jewish Family Services has made transportation available on Wednesdays and Thursdays to all seniors needing this service. They may use the van for medical appointments, shopping, visiting friends, etc. There is a \$2 charge per person. Reservations can be made by calling JFS, 364-6594, no later than the preceding Tuesday.

EXERCISE CLASSES

Keep fit and healthy during your senior years! Class follows "Senior Fitnessize" videotape, a program designed especially for Senior Citizens.

Monday 10:30-11:00 a.m.
\$.50 per class

BLOOD PRESSURE AND PULSE CHECKS

Have your blood pressure and pulse checked once a month by the JCC Assistant Health and Physical Education Director, Vicki Galliher.

Second Monday of each month
10:30-11:00 a.m.
No charge

CHAI-LITES WATER EXERCISE

This class is just for you!! Mondays from 9:30-10:15. Exercises are done in shallow water so no swimming ability required. Catch the early van, enjoy the water, shower and dress in time for Chai-Lites program. Wednesday, join our regular water exercise class at 10:15-11:15. Transportation is available (contact Marcia Stern).

Session 1: Jan. 7-Feb. 10
Session 2: Feb. 11- Mar. 17
Special rate for Chai members only:
One day per week fee: \$3.50
Two day per week fee: \$7.00

"BUSY BAKERS"

Grab your apron and come join this lively group on the following Tuesdays from 9:30-11:30 as we try new and old recipes. We will be joined by some guest bakers who will teach us some of their secrets for baking "delectable goodies." We meet on Jan. 23 & Feb. 20.

DAY TRIPS

Consult your events calendar for day trips. Calendars are also available at the JCC desk. Trips are scheduled every other Tuesday during each month. Previous trips have been to the WBTV studios, Energy Explorium at Lake Norman, Blowing Rock. Lots of interesting trips planned; transportation provided.



Chai-Lites Calendar

- Jan. 8 - Louise Wunder — Presents a demonstration of the "Non-Surgical Facelift"
- Jan. 15 - Tony Weaver, Investment Rep. from NC Federal
- Jan. 22 - Warm up with some homemade soup and see an award winning first run movie
- Jan. 27 - Temple Israel Chai Shabbat Luncheon
- Jan. 29 - HaLailah B'nai B'rith Women presents a special program and luncheon

Look for your 'J' Update for information about our trips and the Shabbat luncheon and the BBW luncheon.

Chai-Lites Had Busy Month

By Marcia Stern
Dir., Senior Adult Programs

December was a month filled with information and fun. We were visited by Officer Davis from the Charlotte Police Department who presented a program on safety and security for senior adults. We had a fun-filled Chanukah party sponsored by the JCC and a lovely Chanukah luncheon sponsored by HaLailah B'nai B'rith Women. Bill Burton spoke to us and presented a slide presentation on

beautiful Bavaria. Trips were taken to the Mint Museum and the Hezekiah Alexander House.

The attendance at events has grown. New members are welcome. Calendars of upcoming events, mailed to all Chai members the beginning of each month and appearing in *The CJN* may also be obtained at the J front desk for all programs. For more information call Marcia, 366-5007.

New Men's Division Group Formed

This new group is called "Points of View." The purpose of the group is to enable individuals to have a gathering place to discuss a topic and provide a rotating speakership, so everyone becomes a presenter and a responder.

Lively informative conversation has been developed. The group has grown from 4 partici-

pants to 18. They meet at the 'J' on the 2nd and 4th Tuesday of each month at noon. The schedule of meeting dates is as follows: Jan. 9, 23; Feb. 13, 27; Mar. 13, 27; Apr. 24; May 28.

For more information about this group, call Joseph Speilman, 542-2760, or Marsha Stern, 366-5007.

— Marcia Stern

Get Ready for Spring Golf

Learn the basics and build a correct golf swing through the proven 60-30-10 method. Hands-on course, clubs and golf balls furnished. This is an indoor course for golf novices. Class is limited; to ensure space, register immediately at the "J" for the five lessons, 1½ hours each. Cost: \$65 M / \$75 NM.



There are two groups, one starting on Monday, Jan. 8, the other on Friday, Jan. 12. Call Fran Rosenberg for more information, 366-5007.

The Gifted & Talented Development Center



New at THE J

A program of classes for the gifted and talented child, aged 3-13.

Classes commence Jan. and continue thru May.

Registration may be for either or both of the winter and spring terms.

Creative Movement and Dance

- "Love to Move" ages 3½-5
- "Moving and Dancing" ages 6-8
- "Dance Tapestry" ages 8-10

School of Art

- "Earth, Air, Fire and Water" ages 5-6
- "Dreams and Dragons" ages 7-9
- "Drawing and Beyond" ages 10-13

For more information please call Jillian Goldberg, director, at 366-6052 or look for details in the current "J" brochure. Classes are limited; please register early by phone or mail to avoid disappointment. Please see the brochure for class schedules, fees and course outlines.

Affiliated with the Gifted and Talented Development Center in Bronxville, New York

School's Out J's In

By Nina Arten

Mark your calendar now for an exciting day at the "J" on Monday, Jan. 15. School's out so come and join the fun. On Monday, Jan. 22, we will be having a party, some goodies to decorate and eat and we'll look for treasures in and around the "J."

Each day camp will begin at 9 a.m. and will end at 3 p.m. Please bring a swim suit, towel and dairy lunch with you each day. The fee for each day is \$10 for members and \$15 for non-members. Pre and post care are available 8-9 a.m. and post care 3-6 p.m. The fee for pre and post care is \$1.50 per hour.

Winter Youth Programs

I am very excited about the programs in the Winter JCC brochure and hope that you have taken the time to read about what is being offered. I will be happy to go over any of the classes offered and answer any questions you may have concerning them as well as any other programs we offer. Please call Nina, 366-5007.

Birthday Parties at the J

Let the JCC host a birthday party for your child. We will provide room set-up, including: decorations, paper goods, party favors, two birthday party "leaders" and lots of fun! Choose following options and let the JCC create a birthday party that your child will remember. (Party set-up for 12 children. Each additional child is \$2.) Birthday parties for 4 years and under have a maximum of 15 children.

- Craft Party \$80 M / \$105 NM
- Pool Party \$70 M / \$100 NM
- Tumbling Party: \$70 M / \$100 NM
- Birthday Party \$55 M / \$75 NM
- Sports Party* \$70 M / \$100 NM
- Computer Party: \$95 M / \$105 NM

To reserve your date, call Nina Arten, Children's Services Director, 366-5007.

*Indoor on space-available basis; outdoor weather permitting.



Classifieds Work: Have something to sell? Need room-mate? We can help! Call 366-6632.